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takes center stage

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The Fort Jackson
Leader



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High marks



Photo by JULIA SIMPKINS

Staff Sgt. Lisa Swanson, Company D, 3rd Battalion, 34th Infantry Regiment, loads a magazine before zeroing her weapon for the Basic Rifle Marksmanship portion of the Fort Jackson NCO and Soldier of the Year competition March 19.

NCO and Soldier of Year named

By JULIA SIMPKINS
Leader staff

Push-ups, shooting, running, grenade tosses and taking a written test ...

Those were some of the categories of competition in which six Fort Jackson NCOs and Soldiers participated March 19 in pursuit of the distinction of being named Fort Jackson’s NCO and Soldier of the Year for 2009.

As night fell, two winners emerged.

Staff Sgt. Lisa Swanson, a drill sergeant with Company D, 3rd Battalion, 34th Infantry Regiment and Spc. Daniel Parker, a trombone player with the 282nd Army “Victory” Band, are this year’s winners. Swanson took top Noncommissioned Officer honors, and Parker is now Soldier of the Year.



SWANSON



PARKER

The competition began in the darkness of early morning at Darby Field as the troops took an Army Physical Fitness Test. Soldiers from Fort Jackson and U.S. Army Accessions Command were pitted against each other. There can be only one Soldier in each prestigious category

and each competitor, vetted at his or her unit to qualify, was hungry for the title.

“I hate to lose,” said Swanson, as she prepared to attend the board which could propel her to the Accessions Command level of the competition for NCOs. “But I was surprised to win because we’re (drill sergeants) so busy there was barely enough time to prepare.”

Swanson’s supervisor, Sgt. 1st Class Joe Garcia, a platoon sergeant with 3rd Bn., 34th Inf. Reg., expressed a lot of pride in her performance.

“She’s our platoon’s key to success,” he said. “She’s helped us win ‘honor platoon’ two cycles in a row.”

Swanson, a Washington, N.J., native, is married.

Rally calls on riders to start season safely

Now that spring has returned, so has the peak season for motorcycle use. Allow me a moment to urge all of you to be particularly careful on the roads whether you ride a motorcycle or not.

Last year, our Army lost 51 Soldiers in motorcycle accidents. So far this year, we have already lost 10 more. Speeding, reckless operation and operator inexperience continue to be common causal factors in motorcycle accidents. Alcohol use as a contributing factor is not uncommon and failure to wear a helmet often leads to an increased severity of injury.

For those of you who don't ride, I ask that you take extra care and watch out for motorcyclists. What might be just a fender bender to you is potentially fatal to them, so keep an eye out for them and give them room.

The Fort Jackson Motorcycle Safety Program includes the full spectrum of motorcycle safety, including training (initial, progressive and refresher), leadership, mentorship and responsibilities. Detailed guidance can be found in Policy Memorandum 6-10, "Fort Jackson Motorcycle Safety Program." Or stop by the safety office and pick up

BRIG. GEN. BRADLEY W. MAY

*Fort Jackson
Commanding
General*



a pamphlet that explains the guidelines.

It is important to know that although motorcycle rules and procedures are not mandatory for civilians riding off the installation, I highly encourage that they be followed. On the other hand, Soldiers are bound to comply with the policies at all times, including when they are off duty and off post.

I expect all our motorcycle riders to have the integrity to do the right thing and the self-discipline to ride safely. And I also expect leaders at all levels to ensure that we

have provided our Soldiers with the tools and training to help keep them out of harm's way.

Leader engagement combined with the personal discipline of motorcycle operators are critical elements in the effort to mitigate hazards to our Soldiers who ride. The lives and well-being of all members of the Fort Jackson family are priceless. We cannot afford to lose a single person to a needless tragedy that we had the means to prevent.

To better prepare riders for the peak riding season we have a great event planned. On March 31, Fort Jackson will have a motorcycle rally from 11 a.m. to 5 p.m. at the MG Robert B. Solomon Center. For TRADOC Soldiers who ride, the rally is mandatory within mission constraints. All other Soldiers and DoD civilian employees who ride are welcome.

The rally includes a bike show competition, safety briefing, food, fun, and prizes. The Fort Jackson safety director will even be available to sign autographs, so get there early.

Mission First — Safety Always

Prior service on OMPF; summer surge briefing

I have reviewed my Official Military Personnel File and notice that the documents for my period of service in the National Guard as a Air Force Reservist are not on in my file. What do I need to do in order to update my OMPF? I am also an officer now and none of that information is listed on the OMPF either.

If you have any of the documents from your prior service, provide copies to your local personnel office to have your OMPF updated. If you were in the National Guard, contact the state that maintains your file and have copies sent to: offrcds@conus.army.mil. Ensure your Social Security number is on all your documents.

I heard that there is going to be a Summer Surge Briefing at the Strom Thurmond Building on April 22, for Training NCOs, S-1s and S-3s. I'm a training NCO. Why is it important that I attend?

It is important for you to attend because many changes have taken place since last summer. The Trainee/Student Processing Work Center staff wants to ensure that you and all the brigades are aware of any changes so there will be a smooth transition for the Soldiers when they return to their National Guard or Enlisted Reserve units.

COL. LILLIAN A. DIXON

*Fort Jackson
Garrison
Commander*



The briefing will cover several topics, such as: Soldier-in-Training separation guidelines, pre-graduation meetings with training NCOs, processing early graduates, non-graduates, out processing procedures and many more. If you have any questions, you may contact the TSPWC supervisor at 751-4422.

Garrison fact of the week

According to the Army's Family Morale, Welfare and recreation Web site, Soldier entertainment had its earliest origins in the American Revolution and the Civil War.

Army camp shows were often spontaneously organized in companies, battalions or other units with volunteer Soldier entertainers.

In 1918, Irving Berlin's "Yip, Yip, Yaphank" and George M. Cohan's "Over There" provided rallying and rousing patriotic music for Soldiers and civilians alike as troop entertainment became an essential morale booster during World War I.

Today, the Army Entertainment Division is the largest producer of live entertainment in the world. Army community theaters alone stage more than 900 productions annually worldwide for audiences totaling a quarter of a million.

Since 1983, the annual U.S. Army Soldier Show, a high-energy 90-minute musical review is staged entirely by active duty Soldiers who travel more than 25,000 miles performing for audiences totaling more than 100,000.

Soldiers carry on the tradition of "entertainment for the Soldier, by the Soldier" through the Army theater touring company BRAVO!, the Army Concert Tour, the USA Express top-40 show band, and the "Battle of Bands" and "Stars of Tomorrow" competitions as part of the Army's Family Morale, Welfare, and Recreation program.

To submit questions for the "Ask the Garrison Commander," call 751-2842, or e-mail nahrwolds@conus.army.mil.

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Mission: Suicide prevention

Chiarelli: Skills key in dealing with stress

By **MIKE A. GLASCH**
Leader Staff

Confined to a wheelchair, barely aware of his surroundings, reduced to having to wear a diaper, Spc. Kyle Norton is unable to perform even the simplest of tasks. Just a few months into his first deployment, a bullet that barely missed its mark left Norton in a vegetative state.

The infantryman was not hit by a round from an enemy in Iraq or Afghanistan, but rather a bullet from his own weapon as Norton tried to take his own life.

The fictitious scene above is played out in “Beyond the Front,” an interactive DVD being used as part of the Army’s chain-teaching program to help combat the increase in suicides. In the DVD, Norton learns that his fiancée is pregnant by his best friend, his bank account is wiped out and then his battle buddy is killed in a firefight. As the scenes play out, viewers choose what actions Norton will take — seek help or keep his problems to himself.

“Those scenarios are very realistic,” said Lt. Col. Kevin Stevenson, chief of Social Work Services, Moncrief Army Community Hospital. “Those situations were the same ones I dealt with while I was in Iraq. Those things do happen.”

Last year, 143 Soldiers took their own lives. That is the highest number since the Army began keeping records in 1980. It was the fourth year in a row that the number of suicides increased.

For 2009 the numbers continue to grow. In January, there were 12 suicides and 12 more suspected suicides are still under investigation. That is 50 percent more than the number of Soldiers who died in combat during the same time frame. In February, there were two confirmed suicides and an additional 16 suspected ones.

“We have to get a handle on this,” Gen. Peter Chiarelli, Vice Chief of Staff of the Army, told the cadre of the 120th Adjutant General Battalion (Reception) Tuesday. “We are dealing with a tired and stressed force after seven plus years at war. While we can’t alleviate the demand on our forces for the foreseeable future, we can provide better tools for coping with the stress.”

TRADOC leaders are looking at how to help Soldiers learn to better manage stress from day one. During a visit to Fort Jackson last month, TRADOC Commander Gen. Martin Dempsey said they are looking at ways to incorporate stress management



Photo by MIKE A. GLASCH

Lt. Col. Michael Bineham, left, commander, 120th Adjutant Battalion (Reception), shows Gen. Peter Chiarelli, Vice Chief of Staff of the Army, the clothing issued to Soldiers upon their arrival at Fort Jackson for Basic Combat Training. Chiarelli, who has been chosen to oversee the integration of the Army’s efforts to prevent suicide, chose Fort Jackson to begin a seven-post tour to learn more about how to better identify and treat Soldiers who might need mental-health help.

training into Basic Combat Training.

“I think that we need to take a look at a comprehensive fitness program, which we already are, that right from the beginning of a young man’s or woman’s experience in the Army we begin building coping skills

“There are a multitude of factors involved in suicide, and there is no one single solution.”

— **Gen. Peter Chiarelli**
Vice Chief of Staff of the Army

before the stress comes,” he said. “What we are trying to do is identify skills that we can give our Soldiers — intellectual, physical, spiritual — to build those skills into someone from the time they raise their hand, so that when stress hits, they are armed to deal with it.”

In addition to identifying Soldiers who might be at risk for suicide, both Chiarelli and Stevenson agree that getting rid of the stigma that surrounds seeking mental health treatment is a major key to reducing the number of suicide attempts.

“Is there a stigma still out there? Yes,” said Stevenson. “But we have worked, and are working, to reduce those barriers. We want you to know that going to mental health is not a sign of weakness, but rather a sign of strength that you recognize that you do need help.”

“We have to reduce the stigma surround-

ing seeking mental health help. Getting help for emotional problems should be as natural as seeking help for a sprained ankle,” Chiarelli added. “Asking for help is a sign of strength not weakness. Part of our Warrior Ethos is personal courage and recognizing that you need help, and being willing to seek that help requires personal courage.”

Chiarelli, who has been chosen to oversee the integration of the Army’s efforts to prevent suicide, chose Fort Jackson to begin a seven-post tour to learn more about how to better identify and treat Soldiers who might need mental health help.

“There are a multitude of factors involved in suicide, and there is no one single solution,” he said. “In the majority of cases, the Soldiers were dealing with relationship issues, but often there were other factors involved such as legal, financial, and medical problems. Individually or in certain situations, these factors can be manageable, but when compounded by the stress of deployments and lengthy separations, the situations can be overwhelming.”

For those who might be, or for those who suspect someone may be considering suicide, help is available locally through the chain of command, chaplains and the department of mental health at MACH.

“The good news is that depression which can lead to suicide is one of the most easily treated mental health disorders,” Stevenson said.

The MACH behavioral health staff can be reached at 751-5251.

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Risk factors

Risk factors are those things that increase the probability that difficulties could result in serious adverse behavioral or physical health.

- ☐ Relationship problems (loss of girlfriend/boyfriend, divorce, etc.).
- ☐ History of previous suicide attempts.
- ☐ Substance abuse.
- ☐ History of depression or other mental illness.
- ☐ Family history of suicide or violence.
- ☐ Work-related problems.
- ☐ Transitions (retirement, PCS, discharge, etc.).
- ☐ A serious medical problem.
- ☐ Significant loss (death of loved one, loss due to natural disasters, etc.).
- ☐ Current/pending disciplinary or legal action.
- ☐ Setbacks (academic, career, or personal).
- ☐ Severe, prolonged, and/or perceived unmanageable stress.
- ☐ A sense of powerlessness, helplessness, and/or hopelessness.

Suicidal risk highest when:

- ☐ The person sees no way out and fears things may get worse.
- ☐ The predominant emotions are hopelessness and helplessness.
- ☐ Thinking is constricted with a tendency to perceive his or her situation as all bad.
- ☐ Judgment is impaired by use of alcohol or other substances.

(Courtesy U.S. Army Center for Health Promotion and Preventive Medicine.)

Post mourns death of DA civilian

By CRYSTAL LEWIS BROWN

Leader Staff

Every day at 5 p.m., the vintage cannon outside of Post Headquarters fires during the evening's lowering of the flag. But for employees who work in the post weapons pool, the sound now also signals the loss of one of their own.

Gregory Bowens, a small arms repairman who worked in the weapons pool since 2004, was killed March 14 in a car accident. He was 48 years old.

Despite his job title, Bowens was responsible for maintaining the cannon — a task in which he took great pride.

"That was his responsibility, that was his baby," said co-worker Antonios Thigpen.

Harvey Jackson, tactical support operations supervisor, said that with Bowens on the job, post officials never had to worry about whether or not the cannon would fire.

"They knew at 5 o'clock every day, when they pulled that lanyard, it was going to fire," Jackson said.

Bowens' size — and his easygoing demeanor — left an impression on those he encountered on Fort Jackson. He was well over 6 feet tall and weighed nearly 300 pounds, Jackson estimated.

"He was a giant of a man, but he was a teddy bear inside," Jackson said. "His thing was to make everyone around him happy."

Jackson, who spoke at Bowens' funeral, said hundreds of people turned out to say good-bye to the "gentle giant." His presence, said Jackson, will be sorely missed.

"It's very unfortunate," he said. "He's going to be missed, I guarantee you that."

Thigpen, who worked side by side with Bowens, said his former colleague liked to make others laugh. But he always took his job seriously.

"He was the person who helped me to learn the job,"



Courtesy Photo

Gregory Bowens, whose duties included maintaining the cannon in front of Post Headquarters, was remembered in a memorial service yesterday. Bowens died March 14 in a car accident.

Thigpen said. "He was a hard worker."

His work station has become a sort of a makeshift memorial, which his colleagues have marked with a large, white bow.

Although he is gone, Jackson said the positive attitude he brought to the job will live on.

"He was taken from us early, but we got a lot from him

while he was here,"

A memorial service was held at Memorial Chapel yesterday.

Bowens is survived by his wife, Trease Bowens, a daughter, Shanika Bowens, a son, Gregory Bowens Jr., his parents, siblings and a host of other family members.

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Army to put a stopper on stop-loss policy

By C. TODD LOPEZ

Army News Service

WASHINGTON — The Army plans to phase out its reliance on stop-loss by January, leaders say.

Secretary of Defense Robert M. Gates recently announced a phased plan to begin cutting off stop-loss later this year. During a discussion with members of the press, Lt. Gen. Michael Rochelle, deputy chief of staff for Personnel, G-1, discussed the Army's plan to implement the phased reduction in use of the program that involuntarily extends Soldiers beyond the end of their enlistment or retirement dates in units deploying to combat areas.

"It has been a vital tool that has allowed the Army to sustain cohesive operational forces that train and serve together through their deployments," Rochelle said.

The general said the president's recent announcement of a troop drawdown in Iraq, a gradual restoration of balance between deployments, and an increase in the size of the Army have given the service the opportunity to reduce stop-loss.

Rochelle said the number of Soldiers affected by stop-loss will be reduced, in a phased approach, across all components

of the Army. The Army Reserve will begin mobilizing units without stop-loss in August, he said. For the National Guard, that will happen in September. For the active-duty Army, the change will happen in January.

"This is great news for the Army family," Rochelle said. "Limiting stop-loss balances our need for unit effectiveness with the impact on individual Soldiers and their families."

Rochelle also said the Army will implement a special congressionally approved payment for Soldiers currently affected by stop-loss.

Soldiers who are under stop-loss this month will begin receiving a \$500 per month payment on top of their regular pay for the months they serve on stop-loss. That payment will begin with their March pay, which Soldiers see in their April 1 check.

The congressional approval also allows the Army to retroactively pay Soldiers as far back as Oct. 1, 2008, for time served under stop-loss. Most Soldiers that qualify to receive the retroactive payments will receive that money in May or June as a lump-sum payment, Rochelle said.

Additionally, the \$500 per month payments for stop-loss time served in a com-

bat tax-exclusion zone will not be taxed, said Col. Larry Lock, Army director of compensation and entitlements.

The funds Congress appropriated for stop-loss pay are only for Fiscal Year 2009, which runs Oct. 1, 2008, through Sept. 30, 2009.

Future funding is being discussed.

Rochelle pointed out that there is risk associated in eliminating the use of stop-loss, such as an unexpected demand for forces beyond what the Army anticipates. But he said such things as the projected reduction of forces in Iraq will mitigate that risk.

"Let's not diminish the significance of the reduction in demand, anticipated as a result of the drawdown in Iraq. The anticipated reduction in demand, recently announced by President Obama, is a major factor," Rochelle said. He added that were demand not so high for Army forces around the world, the Army would eliminate stop-loss "tomorrow."

An additional factor in the Army's ability to pare down its use of stop-loss is that the service was able to meet its resize objectives ahead of schedule.

"The Army has now achieved its end strength growth to its (547,400) end strength, three years ahead of schedule,"

Rochelle said. "We were on track and projected to achieve that growth through 2012 — we are there now."

Thirdly, he said, is the Army's enterprise-wide approach to match up accessions, individual training and leader development training with the Army's Force Generation.

Rochelle said the Army will create a policy to offer incentives to Soldiers to encourage them to extend their enlistment beyond their date of separation in order to allow them to stay with their unit for the duration of a deployment.

Those incentives would most likely be financial, said Maj. Gen. Gina Farrisee, director of personnel management.

"I think it would be safe to say they will be monetary incentives, but the policy has not been written yet as to what the incentives will be," she said. "We would offer incentives for people to extend through the deployment. We currently do not offer extensions. You may re-enlist, and re-enlist only. We would now offer incentives to extend through the deployment, and we hope that that would help to continue to fill the unit as needed."

Currently, around 13,000 Soldiers are affected by stop-loss within all three components of the Army.



Courtesy Photo

Dori Tempio serves as the Red Cross hospital chair at Moncrief Army Community Hospital. She is aided by her assistance dog Sparky.

Meet Dori Tempio, Red Cross hospital chair

By DENISE CUENIN
American Red Cross

Dori Tempio, has recently begun to work as a Red Cross volunteer. Her present position is the Red Cross Hospital Chair at Moncrief Army Community Hospital.

Tempio comes to Moncrief with teaching experience and great people skills. Tempio's current responsibilities include overseeing the hospital orientation for new volunteers and matching their interests with needs at Moncrief.

This is Tempio's first experience in a military community. When asked how she was enjoying the change, she responded, "Prior to moving here, I was a school teacher and counselor. I love the Red Cross and the Hospital, and working within the Fort Jackson community. It is a great way to better people's lives."

Tempio works at Moncrief on the eighth floor, adjacent to the WTU, at the location that used to be the nurse's station. People sometimes do a double take when they see Tempio, especially in the hospital, because she is always accompanied by her assistance dog Sparky a distinguished white standard poodle.

When questioned about how the dog helps her, she answered, "Sparky, my assistance dog of seven years, helps me ambulate, carry things, retrieve items, open and close doors or cupboards. He also is trained to help me transfer from my wheelchair to a regular chair. He goes everywhere with me and is a great help."

Tempio is a great advocate for the Red Cross at Moncrief. She asks that if someone wants to volunteer at the hospital, they can contact her at Moncrief (751-1093) or call the main Red Cross office (751-4329).

In order to volunteer, a person must attend the Red Cross volunteer orientation and then the hospital orientation. Once the training is complete, Tempio will ensure that the new volunteer is placed somewhere that works with their interests, talents and time available.

When asked about the sort of opportunities for volunteering at Moncrief, Tempio enthusiastically said that the volunteer opportunities are endless and include working in the clinics, or the pharmacy, helping out in Pediatrics, performing clerical duties, working with patients.

There are also positions to serve as a leader, and transporting patients from various areas of the hospitals to others.

Women save the planet



Photo by CRYSTAL LEWIS BROWN

Broadcast personality Tre' Taylor sings to the audience during last week's Women's History Month luncheon at the Fort Jackson Officers' Club. Taylor, who served as guest speaker, awed the audience as she weaved song, humor and family anecdotes into her speech. Event organizers kept with the theme, "Women taking the lead to save our planet," by "going green" with their decorating. Placemats and programs were made from recycled paper and centerpiece vases were made with recycled glass and filled with flowers from a local garden. Even the speaker's gift, a statue of women holding up an earth made of glass, was made from recycled materials.

Renewing their vows



Courtesy photo

Pvt. Mary Wilson and her husband James mark the beginning of their Army life together with a vow renewal ceremony last week. Chaplain (Capt.) Timothy Fary conducted the ceremony immediately after Wilson graduated from Basic Combat Training with Company A, 2nd Battalion, 60th Infantry Regiment Friday.

Creating budget first step to financial health

Part two of two.

As we cope with the current economic madness, everyone is trying to figure out a way to stay afloat. For far too long Americans have spent money so frivolously that it is amazing to see how quickly it all came to a screeching halt.

The word budget did not fall completely from our vocabulary, but it certainly did not dictate our day-to-day financial routines. Now the word budget has made its way back to kitchen table financial discussions. It has been so long since we had to complete a budget, it seems necessary to review some guidelines.

Identify your spending weaknesses.

Spending weaknesses often account for unexplained depletion of funds. ATM withdrawals, runs to coffee houses — whatever the weakness, recognize it.

Discipline is the only thing a person can use to fight off the urge. In addition, people should begin to realize that their weaknesses may prevent them from meeting other goals. When it comes to finances, everything is a trade-off.

Are you overspending?

If the amount you are spending exceeds the amount, you are making, you are running a financial deficit each month. A deficit would reveal itself in your budget by showing a negative number in what is left over every month.

People who find themselves in the red are definitely not alone. According to government figures, many households with a total income of \$50,000 or less are spending more than they are bringing. Making a budget is the first major step to changing these circumstances.

Identifying the problem must happen before any posi-

FINANCIAL ADVICE

By LATONYA BOSTON
Financial planner



tive change can take place. The next step is to form a plan of action.

Pay yourself first.

Saving is an integral part of everyone's financial future. People have been spending at the expense of saving, and this habit must reverse itself. Ideally, everyone should be saving at least 10 percent of his or her net take-home pay. Most often, people pay everyone else first and then try to save what's left.

The best way to reverse this trend is to open up a savings account and have the 10 percent automatically deposited into it. Once the money is in there, it needs to

remain untouched.

Don't spend money all year counting on one-time chunks of money to make up the over-expenditures.

So many people live their financial lives based on a one-time influx of cash with the biggest example being tax refunds. Relying on an annual tax refund as a resource to solve financial issues, is a sign that everything is not going well. One should understand that the annual tax refund is not a bonus from the government. It is a refund of money already paid.

Relying on tax refunds to come in and save the day is not going to help build wealth because more often than not the refund does not get saved. It just goes to pay off other bills that accumulated throughout the year.

Treat additional income as an opportunity.

If your annual income increases because of Cost of Living Allowance adjustment, a promotion, or if your spouse gets a part-time job, do not view that money as an invitation to indulge financial weaknesses. Look at the additional income as a way to meet one of your financial objectives, such as paying down a credit card or meeting a savings goal.

Creating a budget is hard, and sticking to the budget is even harder, but having a budget is the only way through this economic madness.

Budgeting is a process, and the bulk of the pains are in the beginning. Budgeting is also a way of life. So consider this the first step to improving your overall financial health.

For more information on budget counseling or if you have questions regarding any other financial matters, call the Army Community Services Financial Readiness Program at 751-5256 or e-mail Madelyn.Mercado@us.army.mil.

WTU information fair



Photo by NICHOLE RILEY, Moncrief Army Community Hospital

Kay Alford, TRICARE representative, right, shares information with Staff Sgt. Daniel Schmidt and his wife Ada at the Warrior Transition Information Fair hosted Friday by the Soldier and Family Assistance Center. The one-day fair took place at Dozier Hall and featured information booths from organizations that offer benefits and services to wounded warriors and their family members.

Got milk?



Photo by NICHOLE RILEY, Moncrief Army Community Hospital

Capt. Bethany DeChamps, chief of the Nutrition Care Division at MACH, poses with Soldiers for a "Got milk" photo March 20 at MACH's dining facility. The hospital's "milk mustache" campaign promoted the importance of drinking two to three portions daily.



Wheelee: Always give 100 percent

Rank, name
Sgt. 1st Class Ryan Wheele

Unit
Company A, 1st Battalion, 34th Infantry Regiment

Job title / Military Occupational Specialty
Senior drill sergeant / 11B Infantryman

Years in service
10 years

Marital status
Married, two daughters

Highest education
Some college

Hobbies
Exercising, hiking, video games

• • •

In the 10 years Sgt. 1st Class Ryan Wheele has served, he has been deployed to Iraq twice.

In addition to Fort Jackson, he has been stationed at Fort Carson, Colo. Camp Hovey, Korea and Fort Irwin, Calif. He currently serves as Fort Jackson’s Drill Sergeant of the Year.

He said his most memorable experience in the Army was completing the 12-mile road march required to attain the Expert Infantryman Badge.

“When I went through in 2001, the 12-miler was the last event. It was my second time testing for the badge and



Leader file photo

Sgt. 1st Class Ryan Wheele, Company A, 1st Battalion, 34th Infantry Regiment, is the Fort Jackson Drill Sergeant of the Year.

NCO spotlight

there was no way I was going to let the foot march stop me. I ran most of it and ended up coming in first. It was a very satisfying feeling to finally have it all behind me and to not ever have to go through the testing again.”

His greatest influence in his military career was a former squad leader in Korea, Staff Sgt. Francisco Diaz.

“He taught me as a young sergeant about holding Soldiers accountable for their actions, always enforcing the standard and compassionate leadership. He’s

still the person I measure myself against as an NCO,” Wheele said. Wheele plans to earn his associate’s degree and hopes to lead a platoon in Afghanistan.

His advice for junior enlisted Soldiers: “There’s a big difference between what you think you know and what you know. Instead of working off of hearsay, open a regulation or a manual.

“Whether you think you’re going to get out or stay in, give 100 percent. You don’t want to be behind the power curve if you decide to stay in during your last six months.”

We salute you!

The NCO Creed

No one is more professional than I. I am a noncommissioned officer, a leader of Soldiers. As a noncommissioned officer, I realize that I am a member of a time-honored corps, which is known as “the backbone of the Army.” I am proud of the Corps of Noncommissioned Officers and will at all times conduct myself so as to bring credit upon the corps, the military service and my country regardless of the situation in which I find myself. I will not use my grade or position to attain pleasure, profit, or personal safety.

Competence is my watchword. My two basic responsibilities will always be uppermost in my mind — accomplishment of my mission and the welfare of my Soldiers. I will strive to remain technically and tactically proficient. I am aware of my role as a noncommissioned officer. I will fulfill my responsibilities inherent in that role. All Soldiers are entitled to outstanding leadership; I will provide that leadership. I know my Soldiers and I will always place their needs above my own.

I will communicate consistently with my Soldiers and never leave them uninformed. I will be fair and impartial when recommending both rewards and punishment.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers.

I will be loyal to those with whom I serve; seniors, peers, and subordinates alike. I will exercise initiative by taking appropriate action in the absence of orders. I will not compromise my integrity, nor my moral courage. I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders!

NCO/Soldier of the Year competition

Continued from Page 1

ried with two children. She balances her home and professional life by leaning on her family for support.

“My kids keep me motivated,” she said. “If I didn’t know they supported me in my efforts, I couldn’t do any of this.”

Swanson’s first sergeant, 1st Sgt. LaShan Hayes, was especially enthusiastic about the win because Swanson is a woman.

“This is outstanding — especially because she’s a female drill sergeant,” Hayes said. “That just shows other female NCOs that they can achieve anything they set out to.”

Hayes pointed out Swanson’s character as the main reason for her success.

“Drill Sergeant Swanson is a fine NCO. She’s one of those NCOs who always makes sure to find the answer to any questions she doesn’t know. She not only studies for boards, she maintains the knowledge so she can pass it on to Soldiers,” Hayes said.

“Every time I do these things I study as much as I can and I go in there to win,” Swanson said. “My first board here was in November when I went to the battalion NCO of the Quarter. They told me about it the day before. There were three others that I competed against and I won. In December and January I went to mock brigade boards and I won those as well. February was the actual brigade-level board which allowed me to compete for NCO of the Year at Fort Jackson level,” she said.

Parker, like most other military bandsmen, sometimes works seven-day weeks. His hours vary by the type of performance for which he prepares. His days are often long and there is very little predictability to his schedule. In addition to coordinating for a horn clinic his unit recently held, Parker attends school in pursuit of a master’s degree. He was also surprised to have won.

“There wasn’t a lot of time to prepare for this competition,” he said. “It definitely has challenged me to dig in and drive on and do my very best no matter what circumstances I find myself in.”

Despite the difficulty, Parker does not consider his efforts wasted.

“I’m exhausted, but it’s an honor to win something like this — exhausting as it is,” he said.

His first sergeant, 1st Sgt. Franklin Chapman, was very proud of Parker’s achievement.

“He’s a very good Soldier,” Chapman said. “This was the worst time in the world for him to have had to be part of that competition. He just finished planning and executing a horn clinic, and he’s also in school. He was recently selected as one of four Soldiers in our entire field to audition to be a



Photos by JULIA SIMPKINS

Staff Sgt. Torrance Edwards, a drill sergeant leader at the Drill Sergeant School, participates in the NCO and Soldier of the Year competition, checking his sight picture before attempting to zero his weapon Thursday.



Above: 5.56 mm rounds used in the qualification event. Right: Spc. Thomas Marshall, with the U.S. Army Marksmanship Unit, Accessions Support Battalion, prepares to throw a grenade.



Staff Bands Officer in Washington, D.C.”

In addition to submitting records and recommendations from seniors, to become an officer in an Army Band, a bandsman must audition.

Parker, a Laurinburg, N.C., native, comes from a line of military men, starting with his grandfather and continuing with him and his brothers. He said all the men in his family have served in one branch of the Armed Forces or another.

Swanson and Parker are already prepar-

ing for their next challenge at USAAC’s NCO and Soldier of the Year competition, which will announce its winners in April.

Winners of that competition will compete at Training and Doctrine Command level and then at Department of the Army level.

Swanson said her constant goal is to

present a positive example for Soldiers-in-training.

“I get excited when I get to go back and tell my Soldiers how well I did,” Swanson said. “I’m always telling them how they have to go to boards to better themselves, so when I go and I win, it’s awesome.”

Julia.Simpkins@us.army.mil

The face of today's drill sergeant

Demographics show how numbers add up

By **SUSANNE KAPPLER AND JULIA SIMPKINS**
Leader Staff

Since American Soldiers have been training to fight, their leader-trainers have gone by a variety of titles. In today's Army, those who train enlisted Soldiers who just enter service are called drill sergeants.

America's changing human landscape and research results have evolved Basic Combat Training standards, leading to the programs of instruction our drill sergeants now follow. For instance, before 1964, there was no such thing as a drill sergeant, nor did the trainers of that day have standardized methods of instruction.

"The Drill Sergeant Program was officially established in 1964," said Gerald Simpson, training specialist for the Drill Sergeant Program at the Drill Sergeant Proponency office. "Drill Sergeant Schools were opened at six Army Training Centers to provide qualified educated trainers to train new Soldiers entering the Army."

There are currently 740 drill sergeants at Fort Jackson, the highest number of any Army Training Center. Of that number an overwhelming majority, 66 percent, are staff sergeants.

The average age among drill sergeants here is 30. They are mostly male, numbering 308, or 41.6 percent white, and 174 or 23.5 percent African Americans. Female drill sergeants comprise 22.4 percent of the total force. Of that number, 3.9 percent are white and 15 percent are African American. The Department of the Army selected 68.2 percent of those who serve here. Of all the statistics, one stands out: Almost 90 percent of all drill sergeants now serving are combat veterans — 45 percent of them have had at least two combat tours.

"The veteran drill sergeant understands the combat environment of today's battlefield and can educate the Soldier on what they are actually going to see," said Command Sgt. Maj. Sean Watson, 165th Infantry Brigade command sergeant major. "However, there are a lot of good NCOs who haven't been overseas. What is being taught is the trend basics that help Soldiers survive on the battlefield — veterans or not."

They come to "the trail" from a variety of Military Occupational Specialties and their overall average time in military service is 9.7 years. Some of the old colloquialisms remain among drill sergeants, but their mission execution has changed drastically in the last 40 years.

"The phrase, 'on the trail,' comes from frontier days when cattle were driven from California to Colorado to be marketed. It was the same type of thing with training back in the old days. Drill sergeants coined this phrase because of the process of moving Soldiers from one place to another with as few problems and loss along the way. But that's not the process you want them to be in. There's been a huge culture change to get them (drill sergeants) to where they are now," Simpson said.

Before there was a Drill Sergeant School, NCOs who were assigned to ATC units and were the instructors merely based on that assignment had no criteria to follow except that they hold leadership ranks.

Because many of them lacked training and motivation, yesterday's trainers, expected to perform a most difficult task with long hours and very little personal or family time,

suffered low morale and produced ill-trained new Soldiers.

The low-quality troops had a negative impact on Army readiness. As early as 1962 the Army Secretary directed his assistant, Stephen Ailes, to conduct a survey of recruit training. The survey was comprehensive, including Soldiers and their NCO trainers from several posts, including Fort Jackson. The study also analyzed other branches of service, whose trainers and troops often showed more discipline and esprit de corps than Army trainers and newly-trained Soldiers. According to reports, "... it was determined that the caliber of noncommissioned officers being assigned to the Army training centers was far below the standards required by other services."

"During this time the of the new Drill Sergeant Program, America was just getting involved in the Vietnam War," Simpson said. "And in 1965 the program was forced to establish a Drill Corporal course and use newly graduated Soldiers to be assistant instructors to help train the large number of new Soldiers needed for the war effort."

Ailes' report concluded with recommendations that a formal program for drill sergeants be established — at Fort Jackson. It was further recommended that NCOs who would be known as drill sergeants, because of the incredible stress inherent in their jobs, receive incentives such as extra pay, a liberal leave policy and increased opportunities for promotion.

The new role of the trainer was to be viewed as a distinctive honor and the report recommended that a special badge be created to distinguish a drill sergeant from other NCOs. Higher standards were to be demanded of the new trainers and only the best NCOs from duty stations around the world would qualify for the program.

In 1964, the first drill sergeants were trained here during a five-week pilot course that stressed the fundamentals of troop handling and basic training skills, according to a historical report Simpson compiled. Later that year, the Army's first 71 drill sergeants graduated ready to professionally train Soldiers. Most of those graduates stayed at Fort Jackson and some were sent to Fort Gordon, Ga.

The successes of continued drill sergeant pilot programs paved the way for the current, permanent program and the Army's first Drill Sergeant Schools were opened in 1964, including the one here.

"However you look at it, Fort Jackson is the birthplace

of the drill sergeant," Simpson said. By the 1970s, Women's Army Corps NCOs were authorized to become drill sergeants. The first class of six female drill sergeants graduated in 1972. Since 1969, when the Drill Sergeant of the Year contest was established, there have been 40 active duty winners of the coveted title at the TRADOC level. The U.S. Army Reserve's drill sergeants began competing for the title in 1972. American demographics have changed since the 1960's, as have the needs of the Army. Throughout the country, the title of drill sergeant is now synonymous with a proud and accomplished leader. "I love being a drill sergeant," said Staff Sgt. Lisa Swanson, the Fort Jackson NCO of the Year, "I can't think of a better way to serve my Army and my country."

“However you look at it, Fort Jackson is the birthplace of the drill sergeant.”

— Gerald Simpson
 Drill Sergeant Proponency Office

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Simplify life, take a hike

By KAREN SOULE
Public Affairs Officer

A few years back, I swore off hiking following my first couple of backpacking trips on the Appalachian Trail. A few violent storms, sub-freezing temperatures, blisters, burns and a sprained ankle will do that to you. My pack weighed too much, and I was out of shape.

I still remember telling myself: “This is simply too hard for me.”

It’s strange how Mother Nature works her magic. Today, some seven years later, I find myself not only enjoying hiking, I’m addicted to it. My husband is too.

Let me fill in some blanks...

Last October, my husband Del and I completed a 51-mile section of the trail in southwest Virginia during a five-day period. It was one of our best trips ever — the weather was perfect and we met up with some unusual wildlife. The Appalachian Trail through this area is home to wild ponies and we saw many of them along the way. Even better, they came right up to us and ate carrots out of our hands.

During the past several years, we have hiked 530 miles of the trail through Georgia, North Carolina, Tennessee and Virginia. We go every spring and fall, just pick up where we left off. Some day, we plan to finish the entire trail which ends at Mt.

Katahdin in Maine.

One end of the 2,169-mile trail, called the AT for short, starts in north Georgia, about five and a half hours from Columbia. If you prefer to hit the trail at the nearest point, just take Interstate 77 North, past Charlotte to I-81 in southwest Virginia. That trip is just a little longer than three hours.

When we first started backpacking, we knew only what we read. We rented some equipment from a local outfitter and purchased the backpacking stove, sleeping bags and water filter. Most of our first hikes were borderline disasters. We rarely finished the distance we planned.

So, why did we keep going back?

With time, we got smarter. Foremost, our packs got lighter. We learned that it’s OK to hike in the same clothes all week, extra food is not necessary, being physically prepared is a must and most importantly, relax and enjoy the journey.

There’s another reason we kept returning but it’s harder to explain. We’re out in the woods with only what we carry on our backs. Our only task is to climb up and down mountain trails. We’re surrounded by breathtaking mountain vistas, crystal streams and the only sound is that of nature. There are no television, cell phones, computers or automobiles. It’s just us against Mother Nature. Life becomes very

simple. And we have come to love it.

We also love exploring the small mountain towns along the trail. We normally find a town near our start point to spend the night and explore the area. Many of the business owners cater to hikers.

There are generally two kinds of trail hikers — folks like us are section-hikers and then there are through-hikers. Through-hikers are a different breed altogether. They either start in Maine on the north end of the trail and head south or hike north from Springer Mountain in north Georgia. The journey usually takes about six months and, as you might guess, and many more start than finish.

Located about every 8 to 10 miles along the trail are shelters, normally crude, three-sided wooden structures where you can roll out your sleeping bag for the night. Shelters offer the chance to meet up with fellow hikers and tell tales of the trail. They also provide great advantages like a roof over your head, not having to cook on the ground and relief from setting up a tent. There are disadvantages too — no privacy, snoring and mice that become very active after dark.

These days, Del and I can’t wait for the next trip. We are hooked on the physical challenge, adventure and peace. There is no better way to clear your head and leave your troubles behind.



New mom weighs in on child care

Before going on maternity leave, I shuddered to think what would fill my days for six whole weeks. But now that it's over, I look back wondering where the time went.

As much as I love my job, I dreaded the end of my leave because it meant having to find child care for my son. The idea of having a stranger watch my child was scary.

Sure, the provider would be trained and licensed, but to me, that person would still be a stranger. It had taken me the entire six weeks of my life to get to know all of the little quirks that formed my baby's personality.

How would another person be able to do that in just a few days? How would she know the difference between his cry for hunger and his sleepy cry? How would she know that, like his mother, he is a study in contradictions — he hates being swaddled, but will only sleep when he's swaddled.

Besides simply becoming comfortable with the idea of allowing someone I'd only met a few times take care of my child, my husband and I also had the daunting task of actually choosing what type of child care we wanted for him.

But in the midst of all my confusion, I had at least one thing going for me — I knew where I wanted him to go. Because my husband and I both work on Fort Jackson, we agreed early on that on-post child care would be the way to go. Luckily, Fort Jackson has several options for

Crystal Lewis Brown
Leader staff



child care that can suit the needs of almost any parent.

Besides the two Child Development Centers on post, Fort Jackson also operates two Child Development Homes, which are accredited through the National Association for the Education of Young Children.

The Scales CDC has a capacity of about 340 children, while the Hood Street Center holds about 60. The Child Development Homes are a cross between a CDC and home daycare, and have a warm, homey feel with their limited capacity.

Fort Jackson also has several Family Child Care, or FCC, providers on and off-post. The providers go through an extensive certification process before they are permitted to take care of children in their homes.

There are also several options for extended hours for those parents who regularly work late shifts.

After weighing all of the options, my husband and I were leaning toward using the Scales CDC, but I still had my doubts. Peggy Smalls, assistant director, took the time to walk me through the entire center, even those areas my son wouldn't need to use. She explained to the caregivers that I was a new parent and did her best to quell my fears.

One day before my official return to work, we did a "trial run." My husband was to drop CJ off, and I was to pick him up at around 2 p.m. At lunch time, however, I dropped in expecting to hear my son screaming at the top of his lungs. What I found instead was him sleeping peacefully.

Ms. Barbara, assistant room lead, gave me a knowing smile as I tried to explain why I was there. (Obviously my attempt at sneakily checking up on things wasn't as sneaky as I thought).

She also listened as I babbled on about my concerns and she patiently answered my questions for the millionth time. And as Ms. Gail, room lead, flashed her big smile and recounted everything my son had done that day — from sleep times, to dirty diapers — I knew that he was in the right place.

My son has found his "home" with the ladies of the infant 3 room, and no matter your need, I'm sure your little one will find one as well.

Crystal.Y.Brown@us.army.mil

Pet policy established in Army privatized housing

By DIANNE BORGES
Balfour Beatty Communities

Recently, a consortium of military housing privatization companies developed a universal Pet Policy for military families with pets. With the new policy, as families relocate they can evaluate their moving options when transferring from one installation to another. They can also maintain a level of consistency that will assist them when making their housing decision.

The partners evaluated input from residents, past experiences with animals in residential developments (both on-post and off), insurance implications for liability as well as the standard apartment community pet policies obtained from off-post apartment communities. The policy identifies aggressive breeds as well as pets that are prohibited to board on post.

"Our number one priority is to provide a safe, family-friendly living environment for the resident families and children who live on post as well as allow families to plan accordingly if they have certain breeds as pets," said Karen Padgett, community manager for Balfour Beatty Communities.

The aggressive or potentially aggressive breeds of dogs that have been identified in the Pet Policy are Pit Bulls (American Staffordshire Terriers or Staffordshire Bull Terriers), Rottweilers, Doberman Pinschers, Chows and wolf hybrids. The ban will also extend to other dogs not listed that demonstrate aggressive behavior.

"We understand that people with visual, hearing and physical disabilities may keep certified service dogs and nothing in this policy will hinder full access to the homes or common areas by anyone with

a disability who may have one of these breeds for that purpose," Padgett said.

However, if residents currently living in privatized housing have a prohibited pet at the time the policy went into effect, they may keep the pet until they vacate, if there are no pending complaints related to the pet's behavior and they have executed a pet addendum with the appropriate information when they signed their lease or when they acquired the pet. This grandfather exception will terminate when the residents move from the installation they resided at when the policy was instituted.

In addition, residents may not board exotic animals, including reptiles, rodents (other than hamsters and guinea pigs), ferrets, hedgehogs, skunks, rats, raccoons, squirrels, pot bellied pigs, monkeys, arachnids, or any farm animal.

The policy applies to anyone who lives in privatized housing on an Army installation, including those installations where the Army has assumed management responsibility for housing under Joint Basing.

While these guidelines are standard across all Army installations, each installation already had in place specific guidelines. Residents should always contact the community management office for a complete listing.

"We understand that no policy can address every possible situation, but we have provided standards that families can evaluate when making a decision about housing and ownership of certain pets," Padgett said.

For more information, contact the Community Management Office at 738-8275 or consult Frequently Asked Questions posted at www.ftjackson-familyhousing.com under Forms and Guides.

Play group



Photo by CRYSTAL LEWIS BROWN

Talon Moody, 3, crawls across a soft play cube. Moody is one of several children and parents who gather for an Army Community Service-sponsored play group on Mondays and Wednesdays. Play group is usually held at 5615 Hood St., unless otherwise specified.

New customer service officer introduced

Dennis Ramirez is the new installation customer service officer. Ramirez’ primary responsibility will be to manage the three-tier feedback process of Customer Management Services — Interactive Customer Evaluation, Community FIRST issue resolution process, and customer service assessments.

As ICE Administrator, he will monitor and report individual feedback from customers regarding Garrison agencies and other supporting organizations such as Moncrief Army Community Hospital, the Dental Activity, the post exchange, commissary, and installation schools.

He will oversee the quarterly Community FIRST process, which provides constituent group feedback for issues that are beyond the capability of ICE. He will also administer Customer Service Assessments — the annual corporate and constituent group surveys which community members use to rate services from a personal or leadership perspective.

Before retiring from active duty in 1996, Ramirez served as Chief Instructor and Interim Director, Retention Department, Recruiting and Retention School, Soldier Support Institute. He is a graduate of the Sergeants Major Academy. Upon retirement, he remained in the Columbia

CUSTOMER SERVICE CORNER

By **VERONICA JACKSON-PATRICK**
Community FIRST Coordinator

area with his wife and two children and worked in customer service in the private sector.

As the new CSO, Ramirez already has begun assisting the garrison with its automated and integrated approach to customer feedback. He recently attended the post’s Army Family Action Plan Conference, in which several Community FIRST issues were vetted. Afterward he commented, that the conference had inspired him.

“The Fort Jackson community should feel secure in knowing that the leadership and their constituent representatives are fully committed to improving the quality of life for all who live, work, train, and recreate on the installation,” he said.

Ramirez is eager to meet members of the community and looks forward to working with leaders and service providers to provide the “voice of the customer.” He may

be reached by phone at 751-4926 or in person at Customer Management Services; Plans, Analysis, and Integration Office, Building 3499, Daniel St.

Community members are also encouraged to visit the Customer Management Services Homepage at: <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. From the page, they can leave ICE comments for service providers; submit Community FIRST/AFAP issues; and read details regarding Customer Service Assessments. They can also view the status of each Community FIRST issue that has been submitted since the program’s inception in 2004.

Whether it affects individuals and constituent groups here at the installation level or throughout the Army, feedback is important.

ICE appreciation

The garrison congratulates the Installation Housing Office, specifically the Off-Post Housing Division; and the Equal Employment Opportunity Office. They have achieved a 4.96 and a 4.82 percent rating, respectively, out of a possible 5.0 in employee/staff attitude over a 12-week period.

Saluting this week’s drill sergeants of the cycle



**Staff Sgt.
Adam Martin**
Company A
2nd Battalion,
60th Infantry Regiment



**Staff Sgt.
Emmanuel Stephens**
Company B
2nd Battalion,
60th Infantry Regiment



**Sgt. First Class
Kenneth Odom**
Company C
2nd Battalion,
60th Infantry Regiment



**Staff Sgt.
Kevin Woullard**
Company D
2nd Battalion,
60th Infantry Regiment



**Staff Sgt.
Connie Burt**
Company E
2nd Battalion,
60th Infantry Regiment



**Staff Sgt.
Jeffery Schoonover**
Company F
2nd Battalion,
60th Infantry Regiment

HAPPENINGS

Calendar

Friday
A.T. E.A.S.E. Chocolate & Etiquette
6-8 p.m. Main Post Chapel
Call 708-2869 or 708-0656 to RSVP.

Tuesday, April 14
Fort Jackson Spouses' Club lunch
11 a.m.-1 p.m., Officers' Club
RSVP by April 9 at 338-3881 or at
fjcsreservations@yahoo.com.

Tuesday, April 14
Combat Infantryman's Association
6 p.m., Officers' Club
RSVP at 351-2333 or at
James.Kyzer@bellsouth.net.

Tuesday, April 21
Fort Jackson Town Hall Meeting
5:30 p.m. MG Robert Solomon Center

Announcements

Support Command jobs
The 81st Regional Support Command Office of the Staff Judge Advocate has vacancies for six Reserve officers and one Reserve E-5. For more information, call Chief Warrant Officer 3 Kevin McSally at 751-2692 or Master Sgt. Denise Underwood at 751-0833.

Fort Jackson Thrift Shop
Two jobs are available at the Fort Jackson Thrift Shop. One is for a donation clerk, and the other is a cashier. Both

are paid positions. To fill out an application, visit the Thrift Shop, Tuesdays from 9:30 a.m. to 2:30 p.m., and Thursdays from 9:30 a.m. to 5:30 p.m. The shop also has a good selection of prom dresses in stock. The Thrift Shop will be closed April 6-10.

Donate, Raffle and Fly
Sign up to fly with the Patriot Air Demonstration Team at a 2009 Air Show. For more information, go to www.honor-flight.org.

Ten Star All Star Basketball Camp
Boys and girls 10-19 years old are eligible to apply for basketball camp. Scholarships are available for participants. Go to www.tenstarcamp.com for more information.

Former students sought
Students and teachers from Fort Jackson Elementary School for the period of 1963-1966 are being sought for personal memories to commemorate the sight. Call Rhett Risher at 751-7524 or Denise Cuenin at 751-4096 for more information.

Caslot sale
Thursday, April 9, 8 a.m.-8 p.m. and Friday, April 10, 1-10 p.m. at the South Carolina Army National Guard, 150 Speedway Dr., Fountain Inn, S.C.
Military ID cardholders may participate.
For more information call (864) 862-5563 or 751-5789, extensions 300, 344 or 343.

Housing events

Friday, April 3
"Do more in four" scrapbooking
10 a.m.-3 p.m. RSVP required.

Monday, April 6-Friday, April 10
"National No TV Week" challenge

Friday, April 10th
Easter Eggstravaganza
3 p.m. behind the management office

Every Tuesday
Walking club 9 a.m.

Every Thursday
Kids day 10 a.m.

All events are held in the Balfour Beatty Communities management office unless otherwise specified. For more information or to register for any events, call Courtney Williams at 738-8275.

Off-post events

Today
Small space vegetable gardening
6:30 p.m., Richland County Public Library, Sandhills Branch
Call 699-9230 for more information.

Career Fair
11 a.m.-3 p.m.
Lowes Motor Speedway
For more information or to register, go to www.recruitmilitary.com.

Sunday
Small space vegetable gardening
3 p.m., Richland County Public Library main branch, Bostick Auditorium,
Call 699-9230 929-3457.

Sunday, April 5
German Palm Sunday Service
6 p.m. Living Springs Lutheran Church,
4224 Hard Scrabble Road

Saturday, April 11
Intermediate Foxtrot Dance Workshop
1:30-3:30 p.m. 680 Cherokee Lane

Azalea Ball/food drive
7:30-10:30 p.m. The Barn, 680 Cherokee Lane; Call 407-0132 for more information.

Subscribe to the Leader

Readers can subscribe to the Leader for \$25 a year, which pays for third class postage. To subscribe, mail the payment and the mailing address to: Camden Media Company; ATTN: Leader Circulation; P.O. Box 1137; Camden, South Carolina 29020

Pets of the Week



Photos by CRYSTAL LEWIS BROWN and OITHIP PICKERT

From top, a year-old tabby; a male chihuahua, a male Jack Russell terrier; a 2-year-old gray female cat and a 2-year-old female chow mix.
For information on pet adoption or other services, call the Veterinary Clinic at 751-7160.

Have an announcement?

Community submissions to the *Leader* should be typed, no more than 45 words, and should include: who (is affected or involved), what (it is), when (it occurs including time and date), where (it is taking place), and a why if necessary. The deadline is noon, Monday. The *Leader* reserves the right to edit announcements for style, grammar and to fit the space. To submit an announcement to the *Leader*, e-mail it to FJLeader@conus.army.mil.

Life saving donation



Photo by NICHOLE RILEY, Moncrief Army Community Hospital

Red Cross volunteer Jose Cordova donates blood during a recent Red Cross Bloodmobile Blood drive at Moncrief Army Community Hospital. A longtime volunteer, Cordova has donated more than 13 gallons of blood during similar Bloodmobile events.

Getting down and dirty



Staff Sgt. Matthew Knutt, donning full camouflage, low crawls as he demonstrates evasive maneuvers during this week’s EIB competition.

Photos by CRYSTAL LEWIS BROWN

Infantrymen show ‘true blue’ form

By CRYSTAL LEWIS BROWN
Leader Staff

After one week of validation, one week of training and one week of testing, two Fort Jackson Soldiers can now call themselves “true blue.”

Yesterday marked the end of this year’s Expert Infantryman Badge competition, making 10 noncommissioned officers and two officers the newest recipients of the blue badge.

Two of those Soldiers, Staff Sgt. Joshua King, Company A, 2nd Battalion, 13th Infantry Regiment, and Staff Sgt. Juan Hernandez, Company A, 1st Battalion 13th Infantry Regiment, earned the title of “true blue.” True blue Soldiers are those who earn the EIB without any “no gos.” A “no go” means the EIB candidate failed to pass a particular task. A candidate who gets a “no go” on a task gets one more chance to re-test. A failure at the same station, or more than two from all stations, puts him out of the competition.

Although 124 Soldiers were eligible to compete for the EIB, only 34 passed the prerequisites necessary to move on to the competition, said Sgt. 1st Class Patrick Whaley, the event’s noncommissioned office-in-charge. Only Soldiers who have a military occupational specialty of 11B, or infantryman, can compete for the actual award. They must have scored at least 75 percent in an Army Physical Fitness test, complete a land navigation course and finish a 12-mile road march within three hours.

For an infantryman, the blue badge with the silver rifle is a symbol of pride. A Soldier who spots the badge on the uniform of a NCO or officer knows that infantry is an expert in his field, Whaley said.

“For the EIB, in today’s Army, that Soldier knows what that badge means,” he said. “I would want a guy on my team who had an EIB.”

Soldiers competed in 34 tasks, including tests in assembling various weapons, camouflage techniques, hand grenade throwing, first aid, using a claymore mine and firing a .50 caliber machine gun.

Whaley said the completely NCO-run event not only gives Soldiers the chance to earn a coveted award, it shows what being a NCO is all about.

“It’s about getting the NCOs together and showing what we can do as a NCO corps,” he said. “Being the year of the NCO, this is the root of what we do — training.”

The awardees were recognized in a ceremony yesterday.

Crystal.Y.Brown@us.army.mil

Knutt throws a hand grenade into a foxhole during one portion of the EIB hand grenade station.



EIB candidate Staff Sgt. William Duffy removes his NBC gear.





Army Community Service

April calender of events

Wednesday, April 1

Steps to federal employment 8:30 -11:30 a.m., Strom Thurmond Building, Room 222
Newcomer’s orientation/re-entry briefing 9-11:30 a.m., Post Conference Room
Quick jobs seminar 9-11:30 p.m., Strom Thurmond Building, Room 222
Play group (every Monday & Wednesday) 10-11:45 a.m., 5615 Hood St., Room 8
Phase II levy briefing 2:30-3:30 p.m., Strom Thurmond Building, Room 213

Thursday, April 2

AER commander’s referral training 9-10:30 a.m., Education Center Room B303

Monday, April 6

Play group* 10-11:45 a.m., Leapin’ Lizards, 1555 Sunnyside Drive

Tuesday, April 7

La Leche League breastfeeding support group 10-11:45 p.m., 5615 Hood St., Room 8
Infant massage 11:30 a.m.-noon, 5615 Hood St., Room 8

Wednesday, April 8

Employment orientation 8:30 a.m.-noon, Strom Thurmond Building, Room 222
Resume writing for beginners 8:30 a.m.-noon, Strom Thurmond Building, Room 222
Budget development/using credit wisely 9-11:30 a.m., Education Center, Room B302

Thursday, April 9

Personal financial readiness 9-11 a.m., Education Center, Room B302

Tuesday, April 14

Baby basics 10 a.m.-noon, Joe E. Mann Center conference room
EFMP outing 5 p.m., EdVenture

Wednesday, April 15

Financial readiness for first-termers 8:30 a.m.-4:30 p.m., Education Center, Room B302
CG Helping Hands award presentation 9 a.m., Post Conference Room

Play group* 10-11:45 a.m., Patriot Park
Information Exchange Council meeting 9:30 a.m., Post Conference Room
Phase II levy briefing 2:30-3:30 p.m., Strom Thurmond Building, Room 213

Thursday, April 16

Financial/relocation initial PCS class 9-10:30 a.m., Education Center Room B302
Positive parenting 101 2-4 p.m., Joe E. Mann Center conference room

Tuesday, April 21

Steps to Federal Employment workshop 8:30-11:30 a.m., Strom Thurmond Building, Room 222
Small business development seminar 9-11:30 a.m., Call 751-4109 to register.
3rd Annual Family Advocacy Education Workshop 9 a.m.-1 p.m., 5625 Hood St.
FRG forum 10 a.m.-noon, Dozier Hall
EFMP sibling support group ceramic painting 5 p.m., 5615 Hood St., Room 10

Thursday, April 23

Own your own home workshop 9-11 a.m., Educaton Center, Room B302

Monday, April 27

Walk to manage stress 3:30 p.m., 5615 Hood St.

Tuesday, April 28

Successful interviewing/salary negotiation 9 a.m.-noon, Strom Thurmond Building, Room 222
FRG leadership training 9 a.m. 3 p.m., Dozier Hall
EFMP outing 5 p.m., Century Lanes

Wednesday, April 29

Phase II levy briefing 2:30-3:30 p.m., Strom Thurmond Building, Room 213
Walk to manage stress 3:30 p.m., 5615 Hood St.
FRG leadership training 9 a.m. 3 p.m., Dozier Hall
Employment orientation 8:30 a.m.-noon, Strom Thurmond Building, Room 222
Resume writing for beginners 8:30 a.m.-noon, Strom Thurmond Building, Room 222

**indicates a time, date or location change*

For more information or to register for classes, call 751-5256 or 751-6325.
This information is published the last issue of each month in *The Fort Jackson Leader*.

Congratulations



Courtesy photos

Chester Harris, manager of the Fort Jackson Main Post Exchange presents prizes to recent sweepstakes winners. Photo, left. Brandy Spradlin won a \$1,000 AAFES gift certificate. Photo, right: Carl Carlson is the winner of a camera kit.

HPV awareness key to cervical health

From MONCRIEF ARMY COMMUNITY HOSPITAL

Cervical cancer was once one of the most common causes of cancer death for American women. This disease is almost 100 percent curable when it is diagnosed in its early stages and treated promptly.

Although the death rate for cervical cancer has declined by nearly 75 percent, the battle against cervical cancer is far from won.

Approximately 13,500 women are diagnosed with cervical cancer each year, and as many as 4,500 of the women who are diagnosed will die from the disease because of late diagnosis, when it is too late for effective treatment.

Sadly, many of these deaths could be prevented with regular screenings and prompt treatment. The lifetime risk for cervical cancer for women in the United States is one in 117, according to American Cancer Society statistics.

Getting a Pap test is the single most effective method for identifying irregularities in cervical cells that could develop into cancer.

Who gets cervical cancer?

All women are at risk for cervical cancer. Cervical cancer tends to occur in mid-life and most cases are found in women younger than 50. The peak incidence occurs in women who are in their 30s.

What causes cervical cancer?

Cervical cancer is the result of an uncontrolled growth of abnormal cells of the cervix. The main cause of cervical cancer is Human Papilloma Virus, the most common of sexually transmitted infections. Certain types of HPV can cause abnormal cell changes. Most mild changes do not progress but when abnormalities persist over a long period of time, the cells develop into cancer cells. Cervical cell changes and cervical cancer appear to be related to sexual activity. There are about 200 types of HPV and about 40 of them can affect the genital tract.

Risk factors

The following factors can increase a woman's risk of getting HPV: first sexual encounter or being sexually active at an early age; having more than one sexual

partner or a having a partner who has HPV.

Other factors that are linked to an increased risk of cervical cell changes and the development of cervical cancer are smoking, the use of oral contraceptives or a weakened immune system.

Good reasons for optimism

The key word here is "early." That is why every woman needs to make a commitment to have regular pap tests to prevent cervical cancer. According to the American Society for Colposcopy and Cervical Pathology, yearly pap tests should begin at age 21, or three years after a woman becomes sexually active.

The other good news is that there is now a vaccine that prevents the types of genital HPV that causes most cases of cervical cancer and genital warts. The vaccine Gardasil is given in three shots over a six-month time period.

The vaccine is routinely recommended for girls and women age 13 through 26, however it can be given to girls as young as 9 years old.

Should young girls be screened for

cervical cancer before getting vaccinated?

No, girls do not need to get an HPV or Pap test to find out if they should get the vaccine. Neither of these tests can tell the specific HPV type that a woman has or has had in the past, so there's no way to know if she has already had the HPV types covered by the vaccine.

Where can I get vaccinated and what is the cost?

The retail price of the vaccine is about \$125 per dose (\$375 for the full three series). This vaccine is available to all military beneficiaries without cost at MACH GYN clinic.

Moncrief GYN Clinic has dedicated this month, as well as April and May, as cervical cancer awareness months. Eligible patients should call for Pap smear test and HPV vaccines. Parents can also call for appointments for their daughters to get the Gardasil vaccine.

For more information or to schedule an appointment, call the GYN clinic at 751-2251/2422.

Accidental poisoning can be foiled by following guidelines

From ARMY CENTER FOR HEALTH PROMOTION AND PREVENTIVE MEDICINE

The facts on poisons are sobering:

More than 2 million poisonings are reported each year to the 61 Poison Control Centers across the country.

More than 90 percent of these poisonings occur in the home.

The majority of non-fatal poisonings occur in children younger than 6 years old.

Poisonings are one of the leading causes of death among adults.

Don't become part of those statistics. Follow some simple strategies to prevent poisonings in your household and work:

— Conduct routine safety checks in your home to prevent accidents. It is important to continually evaluate your home for dangerous products and conditions so that you are aware of situations that could be harmful to children, pets and visitors.

— Have child safety locks installed on cabinets if you have young children or if there are children who visit your home frequently. This is a simple and inexpensive way to protect the contents of your cabinets from little hands and fingers.

— Make sure that potentially dangerous products have child-resistant closures. Even if your cabinets have safety locks, it is important to make each product as child-resistant as possible.

— Keep dangerous products locked up and stored in high places.

— Keep all household products in their original packages. Do not store cleaners in cups, soda bottles, cans or

bowls, which children associate with eating and drinking. Original packaging will provide information on the contents, ingredients and first-aid information in the event of accidental exposure or ingestion.

— Do not let your attention be diverted when using household chemical products, pesticides or cleaning products. If a spillage of any type occurs, clean it up immediately. It only takes a second for a child or a pet to drink a chemical product.

— Never take medication or give a child medication in the dark. Many bottles look the same, and it is too easy to grab the wrong bottle.

— Check with your physician or Poison Control Center to see if your household and garden plants are poisonous.

— Do not use products without a label at work. If a product does not have a label, ask a supervisor or the janitorial staff to identify the product before using it.

— Follow product directions. The

packaging on products contains valuable information to keep you safe. Medications contain information on proper dosage and drug interactions. Cleaning products indicate instructions detailing how the products should be used, including directions for using proper ventilation.

— Remember the great outdoors. Pesticides and fertilizers can be harmful. Use caution when applying them, and make sure that they are stored in a safe place. Also, monitor children and pets if they play in the areas where the pesticides and fertilizers were used.

If a child, adult or pet ingests a potentially poisonous substance, act immediately. Call the Poison Help Hotline at 1-800-222-1222. Keep the number posted for easy access.



MACH updates

— The Moncrief Army Community Hospital Ophthalmology Clinic will conduct quick cataract evaluations April 24 for all beneficiary categories, including active-duty family members, retirees and retiree family members. To schedule an appointment, call 751-5406. Patients do not need a referral to schedule an appointment.

— There is ongoing construction to the parking lot on the ground floor entrance to the hospital to make it more ADA compliant. Staff should only park where they are allowed — stay off the grass — you will be ticketed. These repairs will take 3-4 weeks to complete, so please be patient while the parking lot is upgraded.

— Moncrief Army Community Hospital will be hosting the Retiree Health Fair from 9 a.m. to 2 p.m., April 25-26 at the MG Robert B. Solomon Center.

— A phone number has been established for patients to call to cancel their appointments after duty hours. To cancel an appointment after duty hours, call 751-2904.

During duty hours, from 7:30 a.m. to 4 p.m., call 751-CARE (2273) to cancel an appointment.

— The new Warrior Transition Unit and the Soldier Family Assistance Center are expected to be completed soon.

— The pharmacy is now located on the ground floor and the TRICARE, EFMP and EDIS offices are located on the 10th floor.

— Medical records are the property of the U.S. government and must be turned in at the Medical Records Station upon enrolling at MACH. Call 751-2471 for a copy.

— Reach MACH toll-free at (877) 273-5584 or locally at 751-CARE (2273), or visit online at www.moncrief.amedd.army.mil or www.tricare.osd.mil.

Youth of the Year named

From the DIRECTORATE OF FMWR

Joey McLemore has been selected to compete against other Boys & Girls Club members for the South Carolina Youth of the Year title and a \$1,000 scholarship from the Reader's Digest Foundation.

As the Youth of the Year for Boys & Girls Club of Fort Jackson, McLemore, 18, is among hundreds of local youth across the country recognized by Boys & Girls Clubs of America for his sound character, leadership skills and willingness to give back to the community.

Being named Youth of the Year is the highest honor a Boys & Girls Club member can receive. The title recognizes outstanding contributions to a member's family, school, community and Boys & Girls Club, as well as personal challenges and obstacles overcome.

This program was founded more than 60 years ago through the generosity of the Reader's Digest Foundation.

McLemore, a senior at Richland Northeast High School, plans to attend college at Georgia State University; he lettered in varsity football and basketball; he is captain of the Fort Jackson Troopz basketball team and a member of the Keystone Club and Teen Council. He has been very active in community service projects throughout his membership at the club, volunteering for food drives, visiting nursing homes and donating his time at the veterans hospital.

"Being a military child is very challenging having to move from state to state, sometimes country to country, but I realized that it's a sacrifice that is needed to keep our country safe and to protect our way of life. I'd gladly do it again," McLemore said.

Rose Edmond, chief professional officer, Boys & Girls Club of Fort Jackson, had nothing but praise for McLemore.

"McLemore has attended a number of military Boys & Girls Clubs as he has moved around with his parents. This



Courtesy photo

Garrison Command Sgt. Maj. Lewis Kellam congratulates Youth of the Year Joey McLemore.

is his second time as a member at the Fort Jackson Club and we are proud to have him as our Youth of the Year," Edmond said.

If McLemore wins the state competition, he will compete for the title of South East Region Youth of the Year and an additional \$10,000 scholarship. The five regional winners will advance to Washington in September to compete for the title of BGCA's National Youth of the Year. The National Youth of the Year receives an additional \$15,000 college scholarship and is installed by the president in an Oval Office ceremony.

FMWR calendar

Today

- ☐ Visit Century Lanes for food, fun and bowling.
- ☐ Magraders Pub and Club is open for lunch.
- ☐ Visit the Officers' Club for specials or the buffet.
- ☐ Letters of intent are due at the Sports Office for intramural and recreational summer softball.

Tomorrow

- ☐ Artistic Expressions with Jake, 6:30 p.m., Teen Room at the Youth Services Center.
- ☐ Dance to a variety of music provided by DJ Randall at Magraders Club, 9 p.m. to 3 a.m. Magraders Club is located in the back of Magraders Pub. Cover charge is \$5 for civilians and \$3 for military.
- ☐ Fish fry at the Officers' Club, 11 a.m. to 1:30 p.m.
- ☐ Navy ROTC tournament, Fort Jackson Golf Club.
- ☐ Denim and Diamonds Dinner Dance with the Black Bottom Biscuits, 6-10:30 p.m., Officers' Club.

Saturday

- ☐ Step Team practice, 2 p.m., Dance Room at the Youth Services Center.
- ☐ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the NCO Club. Cover charge is \$5 for civilians and \$3 for military. Live broadcast from the BIG DM 103.1 with giveaways, 9:30-11 p.m.
- ☐ Fort Jackson Post Golf Championship, 10 a.m., Old Hickory Course at the Fort Jackson Golf Club.

Sunday

- ☐ Family day at the Youth Services Center, 2-6 p.m.
- ☐ Traditional brunch, 11 a.m. to 2 p.m., Officers' Club.
- ☐ Fort Jackson Post Golf Championship, 10 a.m., Old Hickory Course at the Fort Jackson Golf Club.

Monday

- ☐ The NCO Club offers a full lunch buffet Monday-Friday, 11 a.m. to 1:15 p.m. for \$7.

Tuesday

- ☐ Free movies at Magraders.

Wednesday

- ☐ Karaoke night with Tom Marable at Magraders Club. Cover charge is \$5 for civilians and \$3 for military.
- ☐ Mongolian barbecue lunch buffet at the Officers' Club, 11 a.m. to 2 p.m.
- ☐ Post newcomers briefing, 9 a.m., Post Conference Room.

Ongoing offers

- ☐ The Officers' Club is ready to host your next special event. The club's professional staff will ensure every detail is addressed so your event will be to your specifications.
- ☐ The NCO Club breakfast is served 6-9 a.m., Monday through Friday. The cost is \$7 for adults and \$3.75 for children 4-10 years old.
- ☐ Victory Travel has special offers for a variety of dinner shows and attractions. Currently offered are discounted tickets to Carowinds, \$30 per ticket, and Six Flags, \$27 per ticket, for the 2009 season. Some offers require reservations. For more information, visit Victory Travel in the MG Robert B. Solomon Center.
- ☐ Enjoy resort accommodations for between two and six people for less than one would pay for most hotels with the Armed Forces Vacation Club. For details of resort availability, call the reservation center at (800) 724-9988. Be sure to say you are a first-time Armed Forces vacation caller. A vacation counselor will take your enrollment and help you find an available resort.

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Maneuvering the APEDS process

By **JENIFFER G.H. COX**
Legal Assistance Attorney

It is an unfortunate reality that Soldiers get sick and injured while on active duty. Most illnesses and injuries resolve themselves through medical care, physical therapy and medication.

However, some Soldiers end up with injuries and illnesses that make it difficult to continue the performance of their military duties. In these situations, Soldiers may end up being involved with the Army physical disability evaluation system. This system consists of several parts. The two most common parts of the APEDS are the medical evaluation board and the physical evaluation board.

An MEB is triggered when a Soldier receives a "Permanent 3" notation in his or her PULHES score. The PULHES score is an overview of the Soldier's overall physical condition (P); upper body (U); lower body (L); hearing (H); eyesight (E); and psychiatric condition (S). This is often referred to as the "P3" profile.

After receiving a P3 profile, the Soldier will undergo a thorough physical examination. It is crucial for the Soldier to let the

examining doctor know about all existing medical conditions at that time. The doctor will then draft a narrative that explains the Soldier's conditions in more detail. The examining doctor is part of a three-person MEB that will perform a paper review of the Soldier's medical records and the SUM.

After reviewing all of the medical records, the MEB will determine whether each condition is acceptable or unacceptable to army regulations. The findings and conclusions are recorded on DA Form 3947.

The Soldier will be consulted by the physical evaluation board officer to review DA Form 3947. The Soldier has only three days to sign the form; and has the opportunity to submit rebuttal evidence if the conditions are not included or if the information included is inaccurate.

Soldiers are entitled to speak to an attorney about their DA Form 3947 and NARSUM. Soldiers should contact the

Legal Assistance Office immediately upon receipt of the document and should take steps to obtain DA Form 3947, NARSUM and any other paperwork pertaining to their medical conditions with them for their appointment.

The MEB process may take several months. If the MEB determines that one condition is medically unacceptable, meaning that it does not meet Army retention standards, the case will be forwarded to the physical evaluation board. There are three PEBs: Fort Belton, Texas; Walter Reed Medical Center, Washington, D.C.; and Fort Lewis, Wash. Fort Lewis is the region covered by the 1st Army Medical Center.

The PEB is an administrative board that will determine if the unacceptably listed on DA Form 3947 make the Soldier unfit for continued military service; and, if so, whether the Soldier will receive disability pay from the Army for those conditions.

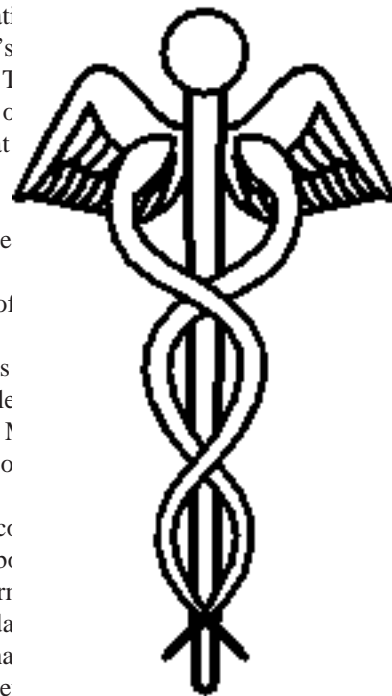
The PEB receives a packet from the

MEB containing the Soldier's DA Form 3947 (including any rebuttal from the Soldier), NARSUM, physical profile, recent noncommissioned officer evaluation report or officer evaluation report, and a commander's statement.

The PEB evaluation is performance based, and examines whether the Soldier can perform the military occupational specialty duties of his or her grade and position. The PEB informally reviews the documents listed above, records the decision about each condition on DA Form 199, and then forwards the DA Form 199 to the Soldier, through the PEBLO, for review.

At that time, the Soldier again has the right to discuss his or her case with an attorney. The Soldier has 10 days to respond to the findings of the PEB. The Soldier can agree with the findings of the PEB; disagree with the findings of the PEB and submit additional evidence; or disagree with the findings of the PEB and request a formal hearing.

EDITOR'S NOTE: This article is the first of two parts on the Army physical disability evaluation system. Part two will run next week.



Mental-health referrals follow strict procedures, guidelines

By **SGT. 1ST CLASS KIMBERLY TURNER**
Assistant inspector general

The responsibility for determining whether referral for mental health evaluation should be made rests with the service member's designated commanding officer at the time of the referral.

A Soldier can be referred to a mental health-care provider under the following conditions: An emergency, non-emergency, imminent danger and self-referral. There are some steps a commander must take before referring a Soldier to mental health.

When a commander has determined it is necessary to refer a service member for a non-emergency mental health evaluation, the commanding officer first must consult with a mental health-care provider and discuss actions and behaviors of the Soldier.

The commanding officer must ensure the Soldier receives a written memorandum of his or her rights at least two business days before a routine appointment. If the Soldier declines the memorandum, the commanding officer will state in the memorandum the reason that the Soldier did not sign.

Copies of the memorandum will be given to the Soldier and mental health care provider. An example of the mem-

orandum is located in Department of Defense Instruction 6490.4, dated Aug. 28, 1997.

The Soldier must acknowledge he or she has been advised of the reason for the referral. The commanding officer will not offer the Soldier an opportunity to waive his or her rights.

When an incident occurs that causes the commanding officer to refer a service member for an emergency mental health evaluation, the first priority will be to protect the service member and potential victims from harm.

The commanding officer will make every effort to consult a mental healthcare provider, before referring or sending a Soldier. The commanding officer will take actions to safely convey the Soldier to the nearest provider as soon as is practical.

As soon as it is practical, the commander will provide the Soldier with a memorandum and statement of rights. If for some reason the commander is not able to consult with a doctor before transporting Soldier for evaluation, the commander will forward the memorandum to the health-care provider by facsimile, overnight mail or courier, as soon as is practical.

Before processing any mental health evaluation request, call the Community Mental Health Service at 751-8911/5183.

IG case resolution

The Inspector General's office works to enhance mission accomplishment of Fort Jackson's units and organizations by identifying and recommending solutions to performance inhibitors and resolving requests for assistance from Soldiers, family members, retirees and civilians of the Fort Jackson community.

The following is actual information gathered from requests for assistance and IG observations.

Use of Profanity

The IG office has received several requests for assistance from Soldiers in training and permanent-party Soldiers regarding the use of profane, abusive, and humiliating language.

The TRADOC Regulation 350-6, Enlisted Initial Entry Training Policies and Administration, dated Nov. 16, 2007, paragraph 2-3c states that degrading Initial Entry Training Soldiers by use of vulgar, sexually explicit, obscene, profane, humiliating, racially, sexually, or ethnically slanted language is prohibited.

Along the same lines, Army Regulation 600-100, Army Leadership, paragraph 2-1 c, k, and l, states that all leaders are responsible for setting and exemplifying the highest ethical and professional standards as embodied in the Army Values and treating subordinates with dignity, respect, fairness and consistency.

Leaders at all levels should work to create a healthy command climate.

FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Lt. Col. Ronald F. Taylor
Director, Emergency Services/Provost Marshal
Sgt. Maj. Allen Taylor Jr.
Provost Sergeant Major
Billy Forrester
Fire Chief

Cases of the week

A Soldier-in-training punched a drill sergeant in his arm, according to Military Police. The Soldier was turned over to his unit by MPs.

A contractor lost control of his bicycle and hit a parked portable trailer, MPs said. He had to be extracted from the underneath the trailer by emergency service personnel and was hospitalized with possible multiple fractures, MPs said.

A fistfight between two Soldiers resulted in one Soldier being treated at Moncrief Army Community Hospital for a black eye. Both Soldiers were charged with assault consummated by a battery, MPs said.

Tip of the week

The Fort Jackson community should be aware of a new scam that is becoming



prevalent throughout the United States.

The scam involves a caller who contacts the victim by phone informing the victim that the victim has failed to report for jury duty. If the victim protests that he or she never received a summons for jury duty, the scammer asks for the victim's Social Security Number and date of birth so the caller can verify the information and cancel the arrest warrant.

Giving out any of this information places the victim at extreme risk of identity theft.

Never give out personal information over the phone when receiving an unsolicited call. A good rule of thumb is if you did not initiate the phone call or are not sure of the identify of the person with whom you are speaking with do not share personal information.

Police departments do not cancel arrest warrants over the phone. If you have done nothing wrong, you will not be arrested and have nothing to fear.



FORCE PROTECTION THOUGHT OF THE WEEK

REPORT SUSPICIOUS ACTIVITY

- UNIDENTIFIED VEHICLES PARKED OR OPERATED IN A SUSPICIOUS MANNER
- ABANDONED PARCELS, SUITCASES, OR BACKPACKS

PERSONS OBSERVING PHOTOGRAPHING,
OR ASKING QUESTIONS ABOUT OPERATIONS

Dealing with changes requires preparation

By **CHAPLAIN (CAPT.) IRIS DICKERSON**
Task Force Marshall

South Carolina has some strange weather, but you have to love it.

Where else can you get such crazy changes in temperature — freezing to cooking during the course of one week? How do you stay prepared for the extremes?

My theory is that God is keeping our weather people on their toes in order to demonstrate the true unpredictability of his powerful works.

This also applies to our lives as God’s interaction with us requires some flexibility on our part. We try hard to plan for everything to include family, finances, retirement, vacations, death, and so on. Regardless of how much we plan, life has a way of throwing curveballs and knocking everything out of balance and off track.

That is the very reason why we try to have contingency plans in case our original plan falls apart. It is important to plan and set goals. By doing so, you increase your probability of success in life.

There are some things for which we cannot plan. We must deal with these things when they occur. Some oc-

currences in life shock us, send us into spirals and can be life changing. Some changes are welcomed and others are not.

Ecclesiastes 3 tells us that there is a time and season for everything under heaven — birth, death, war, peace, love, hate, etc. Things will occur in life in its season when God says it’s time and we must accept that we have no power to change those things. All we have to do is move forward and walk in our season adapting along the way.

Our reaction to change is very important.

Here are some pointers to help you along the way:

- Pull out your umbrella of acceptance for the rainy days so the rain will not dampen your spirit.
- Put on your hat and coat of assurance for the cold days so that your enthusiasm does not become stiff or frozen.
- Put on your skin protection of positivity for the hot days so that the skin you are in does not become scorched and make you want to stay inside instead of spreading the joy you can bring to all you meet.

I challenge you to welcome the changes in your season and make the most of them.

Besides, they are coming your way — ready or not.

Chapel notes

- ❑ The A.T. E.A.S.E. group has its next free event, “Chocolate & Etiquette,” Friday, 6-8 p.m. at the Main Post Chapel Fellowship Room. This is an opportunity for enlisted spouses to get acquainted. Child care is provided, as are chocolate treats from around the Columbia area. Call Tiffany Moss at 708-2869 or Amy Scarpulla at 708-0656.
- ❑ Chaplain (Lt. Col.) Bart Physioc will present “The Passion of Jesus” in two parts. Part one is scheduled for April 10, 7-8 p.m. and part two is set for April 12, 8-9 a.m. Both presentation will take place at the MG Robert B. Solomon Center. The event is free and open to the community. For more information, call 751-4542 or e-mail Bart.Phyioc@conus.army.mil.
- ❑ Daniel Circle Chapel Collective Protestant Gospel Service will conduct a Good Friday Service April 10, 7 p.m. at Daniel Circle Chapel. For more information, call 751-4478 or e-mail Harry.Reed@conus.army.mil.



Protestant

- Sunday
8 a.m. and 11 a.m. Daniel Circle Chapel (Gospel)
7:45 a.m. Bayonet Chapel (Hispanic)
9 a.m. and 10:30 a.m. Magruder Chapel
9:30 a.m. Main Post Chapel
10:45 a.m. Post-wide Sunday School (Main Post Chapel)
11 a.m. Memorial Chapel
11 a.m. Chapel Next, USACHCS, Fox/Poling Lab.
- Wednesday
6 p.m., Prayer Service Daniel Circle Chapel
7 p.m. Gospel Mid-week Service Daniel Circle Chapel

PROTESTANT BIBLE STUDY
■ Monday

- 7 p.m. Women's Bible Study (PWOC — Main Post Chapel, Class 209)
- Wednesday
7 p.m. Anderson Street Chapel
7 p.m. Daniel Circle Chapel
7 p.m. Gospel Congregation's Youth (Daniel Circle Chapel)
- Thursday
9:30 a.m.-noon Women's Bible Study (PWOC, Main Post Chapel)
6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)
7 p.m. LDS Bible Study (Anderson Chapel)
- Saturday
8 a.m. Men's Prayer Breakfast (Main Post Chapel, every second Saturday of the month in Chapel Fellowship Hall)

PROTESTANT YOUTH OF THE CHAPEL
■ Saturday
11 a.m. Daniel Circle Chapel (third Saturday)
■ Sunday
5 p.m. Main Post Chapel

- Catholic**
- Monday-Friday
11:30 a.m. Mass (Main Post Chapel)
 - Sunday
8 a.m. Mass (MG Robert B. Solomon Center)
11 a.m. Mass (Main Post Chapel)
9:30 a.m. Mass (120th AG Battalion Chapel)

- 9:30 a.m. CCD (Education Center)
- 9:30 a.m. Adult Sunday School
- 12:30 a.m. Catholic Youth Ministry
- Wednesday
7 p.m. Rosary
7:30 p.m. RCIA/Adult Inquiry

Lutheran/Episcopalian

- Sunday
8 a.m. Memorial Chapel

Islamic

- Sunday
8-10 a.m. Islamic Studies (Main Post Chapel)
- Friday
12:30-1:45 p.m. Jumah Services (Main Post Chapel)

Jewish

- Sunday
9:30-10:30 a.m. Memorial Chapel
10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

Church of Christ

- Sunday
11:30 a.m. Anderson Street Chapel

Latter Day Saints

- Sunday
9:30 a.m. Anderson Street Chapel

Addresses, phone numbers

- Daniel Circle Chapel**
3359 Daniel Circle, Corner of Jackson Boulevard, 751-4478
- Main Post Chapel**
4580 Strom Thurmond Blvd., corner of Scales Avenue, 751-6469
- Bayonet Chapel**
9476 Kemper St., 751-4542
- Family Life Chaplain**
4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780
- Anderson Street Chapel**
2335 Anderson St., Corner of Jackson Boulevard, 751-7032
- Education Center**
4581 Scales Ave.
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- 120th Rec. Bn. Chapel**
1895 Washington St., 751-5086
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Chaplain School**
10100 Lee Road, 751-8050

Getting loose



Photo by SUSANNE KAPPLER

Nate Schwab takes some swings during the 171st Infantry Brigade's St. Patrick's Day golf tournament March 13. More than 100 golfers participated despite the bad weather.

Sports shorts

- ❑ Letters of intent for intramural and recreational softball are due today. A preseason tournament is scheduled for April 14-18. Teams must sign up for the tournament by April 7. Players must be at least 18. For more information, call 751-3096.
- ❑ Fort Jackson Post Golf Championship, 10 a.m, Old Hickory Course at the Fort Jackson Golf Club.
- ❑ Letters of intent for an active-duty tennis tournament are due Tuesday. Play is set to begin in April. Players should include their level of play (novice, intermediate or advanced). For more information, call 751-3096.
- ❑ The 171st Infantry Brigade will host its inaugural bass fishing tournament April 3 at Lake Wateree. The event starts at 8 a.m. For more information, e-mail *Patrick.Gaddie@conus.army.mil*.
- ❑ DoD ID card holders may register for the triathlon through April 14. The event is scheduled for April 21 and will feature a 300 meter swim, 12.5 mile biking and a 3.5 mile run. Competitors must be at least 18. For more information, call 751-3096/5768.
- ❑ Registration is open for Fort Jackson's annual strong-man competition. There is no entry fee for Soldiers. For more information, call 751-3096.
- ❑ This year's youth baseball season will run April-June. Play is available in three age groups: T-ball (for children 3-5 years old); coach pitch (for children 6-8 years old) and Little League (for children 9 and older). The cost is \$40 for the first child and \$36 for each additional child. For more information, call 751-5040.
- ❑ For youth sports, call 751-5610/5040. For golf information, call 787-4437/4344. For sports information, call 751-3096.
- ❑ Health Rocks is a monthly event offering fun fitness activities and games at the Youth Services Center. It takes place the second Friday of each month, 6:30-9 p.m. Health Rocks is open to children registered with Child, Youth and School Services. To attend, sign up at the Youth Services Center the week before the event. For more information, call 751-6385.
- ❑ Jumping Jacks is offered Saturdays at the MG Robert B. Solomon Center, 8 a.m. to noon.